

90 Minutes of Physical Activity Success Stories

Washington County Schools University School

The k-12 teachers at the University School have incorporated a variety of activities to meet the requirements of the new 90 minutes of Physical Activity law. High School teachers have engaged students in everything from 9 minute juggling lessons and team building activities to 3 minute exercises and Brain Gym sessions. Other activities have included short walks around campus and experiential learning activities that directly correlate to the day's lesson.

The Middle School teachers have taken a slightly different approach. All middle school students receive 30 minutes of physical activity 3 days per week during their seventh period exploratory class, therefore no academic area is cut short. The 30 minute sessions have included walks around campus, yoga, and basketball and kickball games.

The elementary students at the University School receive 30 minutes of Physical Education daily. Elementary teachers also provide students with activities periodically throughout the day or as needed. All physical activity, in every grade, is recorded in a Physical Activity Logbook. In the logbook the teacher, or a student, records the type and duration of the activity. Activity type is listed in categories which can be easily checked off. The categories are: Integrated Curriculum, Problem Solving, Movement, and Recess. At the end of the week each teacher calculates the total number of minutes the students were active.

At the end of each term the logbook will be turned into the school's Coordinated School Health Supervisor who will document the activity.

Lincoln County Schools Lincoln County High School

Our committee decided to fulfill the ninety-minute exercise requirement by exercising daily. We discussed different exercises and decided that daily walking the first thing in the morning would be the easiest to implement and the most beneficial.

In warm weather, everyone walks outside on one of three different routes: around the building, around the football stadium, or around the softball field. As the weather grows colder, we give the option of continuing the outside routes or walking inside the building on various monitored paths around the facility. Two thirds of our students have chosen to be "Frosty Falcons" and walk outside even in cold weather. If for some reason we

cannot walk outside, some classrooms have their own exercises, while others choose the inside-building routes. Teachers are assigned either inside or outside routes both to exercise themselves and monitor students.

Students and faculty have bought into our successful program. Some students have expressed a desire to increase walking time and opportunities. One student has lost seventeen pounds simply by walking in the mornings. Several students have commented that they feel more alert for their first class. A diabetic teacher's overall health has improved and his legs no longer hurt. A cafeteria worker has lost weight with our morning program of walking as the only change to her lifestyle. In addition to our walking, we are giving free fruit to our students at break one day a week.

2007 LCHS FROSTY FALCONS DESIGN



With our program, we are trying to encourage overall fitness and a positive life habit. As principal, I walk with students each day and enjoy being able to talk with them in a more relaxed setting. I am a "Frosty Old Falcon" myself! As we say, "Falcons talk the talk, but now we also walk the walk!"

KINGSPORT CITY SCHOOLS **JOHN SEVIER MIDDLE SCHOOL** **Warriors on the Move!**

JSMS embraced the idea of Warriors on the Move, their way of implementing the Kingsport City School Wellness Initiative and new 90 minute physical activity law. To plan this program, teachers and staff were given the task of coming up with a realistic way to increase student movement during the school day. Several teachers and staff members worked during the summer to lay the framework for what would become the school theme...WARRIORS on the MOVE! Faculty and staff were given a packet on how to implement this plan.

The Warriors on the Move student assembly took place the first week of school. The creative assembly's intent was to MOVE students in the direction of making healthy choices and choosing healthy lifestyles. Students stood to their feet and cheered as the JSMS administrative staff Chief Wildcat, Chief Walkswithalimp, and Chief Buccaneer encouraged them to be Warriors on the Move physically, educationally, socially, and emotionally. Teachers danced, cheers were led, students sang, and JSMS students displayed examples of how to be physically active. The music teacher wrote lyrics (Warriors on the Move) to the music from the tune YMCA. The song was taught to the students the first week of school on the morning announcements. During the assembly the Kingsport Dobyns-Bennett football coach challenged JSMS students to choose to be healthy and physically active for a lifetime. Numerous door prizes were given away to encourage students to keep on moving. Students were heard singing "Warriors on the Move" as they were walking down the hall after the assembly.

As part of the implementation of 90 minutes of physical activity, all students participate in 45 minutes of physical activity during their daily homeroom time each week (15 minutes for three days). Two days are teacher/student led with activities such as walking, aerobics, team building activities, and stretches. One day is participation in the school's intramural program where activities such as line basketball, volleyball, and relays take place in competitions between homerooms. The intramural activities are organized by the PE teachers.

To complete the remaining 45 minutes, the grade/teams have worked together to determine how to best implement. Sixth and Eighth grade take nine minutes from their exploratory class daily for physical activity. Within the classes students walk, do group exercises, aerobics, stretches, dance, and yoga moves. Seventh grade chose to take their nine minutes for five days a week and combine the time into one 45 minute block one time a week. Students may participate in fitness clubs where they experience a wide variety of activities. Teachers provide activities such as weight lifting (with small hand weights), yoga, Tae-Bo, walking club, basketball, four square, and volleyball. Students can choose different activities each six weeks or stick with the one they love!

A group of seventh grade students also write a monthly Health Tips Newsletter that is posted on the back of all bathroom stalls. JSMS also selected the book *Reach for the Summitt* written by Pat Summitt to be read during Exploratory time. The Summitt's Definite Dozen are displayed on the back of the JSMS student handbook to be a daily reminder for JSMS students to be Warriors on the Move in all areas of their lives.

Our high school has successfully incorporated the 90 minutes of activity by pulling 20 minutes from the schedule and creating a 20 minute block first thing in the morning right after announcements. The 20 minutes came from class changes, break, before school. Immediately after announcements, the principal sounds the "Let's Walk" over the intercom and the students all have a specific exit door that they leave from to begin walking around the campus. After they complete their walking, they go back in the door that they left from, get their books, then go to class. The 1st block teachers have reported that the students are much more awake, yet much calmer when 1st block begins. The students (for the most part) also seem to enjoy getting outside each morning. The principal also began a "Frosty Falcon Club". On cold days, the students that continue to walk outside instead of inside get a sweatshirt with the school mascot (the falcon) and the words "Frosty Falcon Club" on the front.

There is an interest in the success of the walking each day. The sociology class has begun a project to test the success of the walking. One half of the class will not walk for a 9 week period and the other half of the class will walk. They will also keep an eating log with calorie and nutrient analysis. At the end of the 9 week period, the students will compare grades, weight, and % body fat between the walkers and the nonwalkers. It should be interesting to see the results. I told the students that I will be using their information in the in-service presentation that I am doing for all faculty and staff in June about Coordinated School Health.

The high school has also reported that there has been a slight decrease in tardy students since the walking has been in place.

Rhea County Schools

Rhea County High School

Rhea County High School (in an effort to address overcrowding) implemented an intramural program for students last spring. All students get one hour for lunch at the same time. During this hour, students have the opportunity to attend club meetings (that choose to meet at this time), eat lunch, make up tests and/or participate in intramural programs or open gym time. Intramural games and team sizes vary from 3 point shoot around with teams of two, and then chicken dodge ball will have larger teams. Teachers/coaches can and do participate in the tournaments also. They rotate several different games and so participation is so great that tournaments will last 2 weeks each or longer. The school has opened 3 satellite lunch lines (food is served in two hallways, the concession stand, and the cafeteria). Now the school is cleaner after lunch because students know that if it is messy then lunch goes back to normal. The principals also report far fewer PM discipline problems and fewer kids in ISS. Although this program has only been happening for two semesters so far, test scores aren't showing any decline. The principal even says that kids ask their parents to postpone any dentist appointments, etc. until after lunch so they won't miss this time!

Knox County Schools

Carter High School

I have a girl 2nd block who I noticed had been trimming down. While we were walking yesterday she told me that last week she went to join the Rush and they weighed her and since the beginning of school till now she lost 23 lbs. She said she was shocked. She said she hasn't altered her eating habits, the only change she as made has been the walking here at school.

Williamson County Schools

Page High School

Page High School in Williamson County is addressing the 90 minutes of physical activity per week in several ways. They have changed their lunch time to a 30 minutes lunch and a 30 activity period. During this lunch time each day, students are able to utilize the gymnasium. Also, some of the classes do class energizing activities that include standing up and aerobic activity. During their wellness and JROTC (at PHS our enrollment in JROTC is very high, 35-40% of our total population), there is a minimum of 45 minutes of physical activity a week in JROTC and 3 days a week at 45 minutes for wellness. Page HS also has a 10 minute activity break each day where students can exercise.

Page's PTO has joined in on the excitement by donating money for new equipment for the wellness department. This includes new power base equipment, weight room equipment and disc frisbee which the students are receiving training in the proper way to use. Both teachers and students love the new equipment.

Humphreys County Schools

McEwen High School

McEwen High School has around 320 students. In order to implement the 90-min. physical activity law, Principal Jerry Honea decided to use the 15 minutes that had been allotted for students to watch Channel 1 news (end of 1st period), to begin a stretching/walking program for the students and faculty. Each day, the entire student body either does stretching exercises or walks around the building/campus for 18 minutes. For example, on Monday, the 9th and 10th graders would report to the auditorium to do stretches--which are led by Mr. Honea. The faculty participate in the exercises along side the students. At the same time, the 11th and 12th graders would be walking. On Tuesday, the classes would switch. A few minor adjustments had to be made to start/end times of the morning class periods, but not enough to make a difference in classroom instruction time. I believe a few minutes were deducted from long break as well (which immediately follows the exercise program). The program has been well-accepted.

Smith County Schools

The Coordinated School Health Program of Smith County is proud to say that both of our High Schools have addressed the 90 Minute Physical Activity Law with a can do attitude. Mr. Armistead Principal of Gordonsville High School and Mr. Maynard Principal of Smith County High School are both proactive when it comes to health.

Mr. Armistead put into place six 1 minute walks during the day. He also has the students participate in one 10 minute teacher drive walk before lunch (with a bonus of walking outside weather permitting). Mr. Armistead has also set aside time during the students break to walk.

Mr. Maynard has identified three times during the day for 1 minute walks. He has the students participate in one 5 minute teacher driven walk before lunch and one 10 minute teacher driven walk after lunch.

Although all of the Physical Activity instituted is walking the students are moving and that's what counts. We have heard other schools have seen result such as a decrease in student tardiness, a decrease in student's weight, and improvement in test scores. We are excited to see what is on the horizon for Smith County.

Blount County Schools

Heritage High School

Heritage High School's approach to implementing the required 90 minutes of physical activity includes addressing several problems/obstacles: protecting instructional time, providing teachers with the tools to be successful, utilizing an activity time of at least twenty minutes for optimal benefit, retaining the school's traditional "break" period in the morning, and allotting time for homeroom meetings once per week. We developed a daily schedule including a 23-minute activity period at the end of 1st period was devised by harvesting time from class change and the lunch schedule. Monday through Thursday, the time is dedicated to physical activity. The 23-minute period is allotted for homeroom meetings on Friday. In addition to a daily schedule that includes the necessary time for the physical activity period, a walking/seat activity rotation schedule for all classes was developed. Following this schedule, which identifies specific days and areas for walking and seat activities, gives everyone the opportunity to walk as part of the physical activity period without creating a "mob" effect.

Committed to the idea that teachers needed tools to implement the physical activity period, we developed a booklet, *90-Minute Fitness Plan: Heritage High School*. This 51-page booklet not only includes the schedule and outdoor/inclement weather walking routes, but also six exercise routines that can be done in the classroom. In developing these routines consideration was given to various clothing styles, lack of equipment, and the fitness levels that would be found in the classrooms. A variety of activities were selected to prevent boredom: Yoga, Tai Chi, stretching, balance, relaxation, and fitness routines. The second aspect of ensuring success was training the teachers in the state-mandated physical activity requirement, leading the exercises, and classroom management ideas.

The program was implemented in the 2007 Fall Term. Teacher surveys were administered at the end of the first nine-week period. Responses to the surveys indicated students are responding well to the activity period, and teachers are using the exercise booklet as well as developing other activities.

Roane County Schools

All 18 of our schools are fulfilling the 90 minute physical activity per week mandate with SMART, BC/BS Walking Works, intramurals, walking programs, etc., however, the following three schools have gone a step further and are finding great success, are truly motivating their students, and are receiving family support for their efforts.

GETFITTN Team visits Midtown Elementary School Governor Bredesen's GetFitTN Team came to Roane County on Thursday, January 10, 2008. Midtown Elementary School Principal Robin Smith, her staff and students treated the team to a healthy lunch in the school cafeteria followed with a presentation by the MTES *student news and fitness teams*. The news and fitness teams, under the direction of Brooks Benjamin, media film specialist, and Kevin Johnson, physical education teacher, performed one of their *exercise routines which are recorded and used in the classrooms each week* as students do their daily physical activity.

The *Feet for Miles Program* at Bowers Elementary School is an incentive program to motivate students to walk each day. As students progress in mileage (on the school's walking trail), physical education teacher Harry Sosnowicz distributes little plastic that can be placed on their shoelaces as an indicator of miles walked. It has become a "desired" item as the students enjoy accumulating these items and cannot wait to report their laps to acquire their "feet."

White (start-up incentive – teacher's discretion)

Orange (5 miles – 35 laps)

Blue (10 miles – 70 laps)

Yellow (15 miles – 105 laps)

Black (20 miles – 140 laps)

Silver (25 miles – 175 laps)

Pink (30 miles – 210 laps)

Purple (35 miles – 245 laps)

Red (40 miles – 280 laps)

Green (45 miles – 315 laps)

Gold (50 miles – 350 laps)

Dyllis Elementary Movement Program is a grant funded initiative that was written by Principal Elizabeth Rose. Students in grades 3-5 participate in a 50 minute movement class one day/week. A certified dance and physical fitness trainer instructs the class in such things as kid yoga, pilates, proper technique of exercises, modern dance, hip-hop, line dancing, and folk dances from around the world as well as games and obstacle courses. This supplements a walking program for all students of 20 minutes per day with 8 minutes of planned activity. K-2 students participate in SMART in addition to walking and planned activity

Hardin County Schools

All Hardin County Elementary Schools are using Take 10! for part of the time and PE for the rest. Teachers and students love the Take 10! It was the best thing for my system to do. Everyone is up and moving. Most of my schools take the first 10 or 15 minutes of the morning and do activities over the intercom in-addition to the required PE and Take 10! The Principals give the instructions from the office.

Paige Neill, CSH Coordinator